



**Jan. 6, 2013**

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at [www.ria.army.mil](http://www.ria.army.mil) under "About USAG-RIA" and then "News" and "Local News."

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>

## Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)



- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



## Little-Known Facility Provides

**Important Function:** The radioactive material consolidation facility at Rock Island Arsenal is not well-known, but it provides an important function for the Department of Defense. The Army designated the Joint Munitions Command, known as JMC, headquartered on the arsenal, as the program manager for disposal of excess low-level radioactive materials

in the late 1970s. In 1992, DOD also designated the Army as their executive agent to perform the same mission for the other U.S. military services. The DOD uses radioactive materials in components in manufactured items that Soldiers use, and from production and storage, research and development, testing, and medical facilities. Examples of military items include: the use of tritium for illumination of tools like

compasses, exit signs, and fire-control devices on howitzers and mortars for low-light firing; the use of thorium for night vision lenses, tank engine parts, or missile skins; and the use of depleted uranium in armor penetrating munitions. The radioactive material is in small



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quantities, in rugged configurations, designed not to leak. ([More](#))

## **Army Readiness Problems Will Persist Through 2020:**

The budget agreement lawmakers reached last month will go some way toward alleviating the pain of sequestration for the Army. But even with that relief, it will be 2020 before the service digs its way out of the military readiness problems sequestration caused, the service's top officer said Tuesday. ([More](#))



## **For Federal Employees, 2014 Won't Be As Bad As 2013, But Morale Problems Linger:**

This New Year doesn't promise to be especially happy for federal employees, but it won't be marked by pay cuts and lockouts and hopefully not the violence that marred 2013. As they begin the first full workweek of 2014,



most federal workers have a 1 percent increase in their basic pay rates for the first time in three years. ([More](#))

## **Lawmakers Nearing Deal on**

**Appropriations:** Congressional appropriators are very close to finishing a deal that would set the funding levels for each federal agency, according to multiple reports and lawmakers involved in negotiations. Vincent Morris, a spokesman for Sen. Barbara Mikulski, D-Md., chairwoman of the Senate Appropriations Committee, told reporters Monday that negotiators "hope to arrive at an agreement this week." ([More](#))



## **Sources: Shutdown-Averting Measure to Include Full DoD Funding Bill:**

Congressional appropriators intend to include a full fiscal 2014 Pentagon spending bill in a massive compromise measure that must pass before next Tuesday night to avert another government shutdown. Congressional



## Upcoming Dates

**Jan. 7-9:** DA Photo Studio on RIA

**Jan. 13-17:** Training- Unit Prevention Leader, Baylor Conf RM

**Jan. 20:** Martin Luther King Remembrance Day (*Federal Holiday*)

**Jan. 22:** U.S. Army Health Clinic Open House, Bldg. 110, 1:30-4 p.m.

**Jan. 22:** General Officer BOD Mtg., 1:30 p.m., Arsenal Island Clubhouse (T)

**Jan. 23:** Martin Luther King Remembrance Day Event, Location/Time TBD

**Jan. 23:** Community Information Meeting, Arsenal Island Clubhouse, 9 a.m.

**Jan. 23:** Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.

**Jan. 23:** RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.

**Jan. 28:** Monthly Community Information Exchange, 9 a.m., Arsenal Island Clubhouse

**Jan. 28:** RIA Retirement & Retreat Ceremony Dress Rehearsal, 2 p.m.

**Jan. 29:** RIA Retirement & Retreat Key Leader Rehearsal, Heritage Hall, 2 p.m.

**Jan. 30:** RIA Retirement & Retreat Ceremony, 2 p.m., Bldg. 60, Heritage Hall

**Feb. 3-7:** Quarterly Transition Assistance Program Workshop, Bldg. 56

**Feb. 5:** Real Property Planning Board, Baylor Conf RM, 10 a.m.

**Feb. 6:** Community Health Promotion Council Meeting, Baylor Conf RM, 1 p.m.

**Feb. 11-13:** DA Photo Studio on RIA

**Feb. 12:** Health Fair, Fitness Ctr, 10 a.m. – 2 p.m.

**Feb. 12:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

**Feb. 12:** Explosive Safety Council, Bldg. 90, RM 25, 10 a.m.

**Feb. 26:** RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.



sources said Monday the leaders of the House and Senate Appropriations committees intend to include budget blueprints for a dozen federal departments in the omnibus spending bill. ([More](#))

## **OPM Seeks to Make Tenure Easier For Feds:**

The Office of Personnel Management wants to change the rules to make it easier for spouses of military service members to get career tenure as federal civilian employees. Currently, federal workers must spend three years in "substantially continuous" service to qualify for tenure, which can make it easier for them to return to government work should they ever leave, according to the proposed regulation published in Monday's Federal Register. ([More](#))



## **OPM Drops Statute of Limitations on Wage Garnishment:**

The Office of Personnel Management is issued final regulations to eliminate a 10-year statute of limitations on collection of delinquent federal debt from federal employees. The final rule, published in the Jan. 6

Federal Register, goes into effect Feb. 5. "Ordinarily, the size of installment deductions must bear a reasonable relationship to the size of the debt and the employee's ability to pay," the rule stated. In most cases the dollar amount of deductions from pay is not to exceed 15 percent of disposable pay, and deductions continue until the debt is paid in full or otherwise resolved. ([More](#))

## **Employees Rights To Be Represented By An Exclusive Union In An Appropriate Bargaining Unit:**

The Federal Service Labor-Management Relations Statute (5 USC Chapter 71) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5 USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented



at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact your Labor Relations Specialist or Ombudsman.

## **Eagle Watches & Clock Tower Tours:**

The park rangers with the Rock Island District, Corps of Engineers'

Mississippi River Visitor Center will once again be conducting eagle watches and



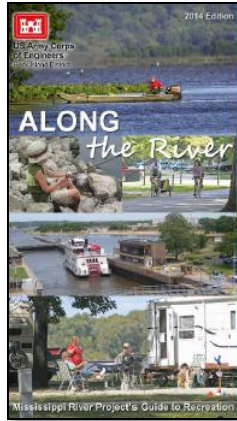
Clock Tower Building tours through the Visitor Center on **Jan. 25, 26**, as well as **Feb. 1, 2, 8, and 9**. These dates are on Saturdays and Sundays at 9-10:30 a.m. and 12:30-2 p.m. These events will combine both the eagle watches and historical Clock Tower Building tours. Reservations are required and group size is limited. For more information or to make reservations call the Visitor Center at (309) 794-5338.





## New 2014 Along the River – Guide to Recreation:

Each year the Mississippi River Project publishes a new updated guide to camping and recreation areas along the banks of the Mississippi River that are managed by the project. This year's 2014 edition will be available soon and offers information on reserving a campsite, buying a boat ramp pass, campground amenities, and has a list of many things to see and do from Potosi, Wis., all the way to Saverton, Mo. If you would like to receive a free copy of this annual publication, [please e-mail your name and address](#) and we will mail it to you as soon as they become available.



## Outdoor Show and RV Camping

**Show:** If you have a love for the outdoors and winter is keeping you from participating in your favorite recreational activities then come visit with our ranger staff at the QCCA

Expo Center in Rock Island and get



**US Army Corps  
of Engineers®**  
Rock Island District

geared up for summer while the cold air is still blowing outside. The Outdoor Show will be held **Feb. 13-16** and our rangers will be on hand to provide information on all the recreational opportunities our project has to offer. We will even have annual day use passes available for sale so that boaters can get ready for the season by purchasing their boat ramp sticker early. The RV Camping Show will be the following weekend **Feb. 21-23** and rangers will be on site to answer questions and provide information on all our camping and recreational areas. For more information on these shows check out the [website](#).

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Jan. 10 & 17, 10 a.m. – 12 p.m.**

If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Jan. 10**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria



(Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. DMC to host Community Blood Drive on **Thursday, Feb. 13, 10 a.m. - 1:30 p.m.**, at Bldg. 350, in the MVRBC Donor Bus. Anyone who works in Bldg. 350 is invited to donate at this blood drive. To donate, please contact Brandon Cronise at (309) 782-3711 or visit [www.bloodcenterimpact.org](http://www.bloodcenterimpact.org). ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



***Charlie Corpuscule Says, "Fall is definitely in the air. Did you know that when someone "falls," your blood donation helps to pick them up? In some cases, it is the reason patients are able to get up and carry on in life. On behalf of the patients whose lives you have "picked up," thank you."***

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

**VIOS Schedule for January, February, March, April and May:**



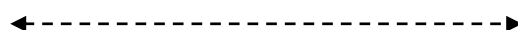
Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates).

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available.

Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the

photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

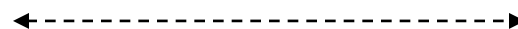
**Arsenal Attic Thrift Shop:** Arsenal Attic Thrift Shop opens again after holiday break, every Tuesday and Thursday, 9 a.m. – 3 p.m. POC: (309) 782-6977.



## Arsenal Traffic/Construction



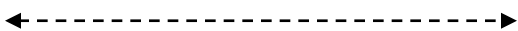
*No Arsenal Traffic/Construction related announcements this week.*



## Building/Space Closures



*No Building/Space Closure related announcements this week.*



## Active Duty/Reserve Zone



### **Synthetic Drugs Dangerous, Can End**

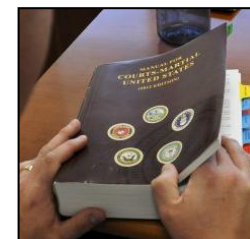
**Army Career:** Not only are synthetic drugs dangerous, but they can cost a Soldier his or her military career. The

Drug Enforcement Administration, or DEA, said users of synthetic drugs have suffered vomiting, anxiety, seizures, hallucinations, loss of consciousness, organ damage, and even death. Soldiers can face disciplinary action that could include a discharge if they test positive for synthetic drugs, including "spice" and "bath salts," said Dr. Les McFarling, the director the Army Substance Abuse Program. ([More](#))

### **New Law Brings Changes to Uniform Code of Military Justice:**

The National Defense Authorization Act passed last month requires sweeping changes to the Uniform Code of Military Justice, particularly in cases of rape and sexual assault.

"These are the most changes to the Manual for Courts-Martial that we've seen since a full committee studied it decades ago," said Lt. Col. John L. Kiel Jr., the policy branch chief at the Army's Criminal Law Division in the Office of the Judge Advocate General. Key provisions of the UCMJ that were rewritten under the NDAA for Fiscal Year 2014 -- signed Dec. 26, 2013, by



President Barack Obama -- are Articles 32, 60, 120 and 125. ([More](#))

## **Pentagon Announces Upcoming Changes to Imminent Danger Pay:**

The Defense Department announced today changes in imminent danger pay that will go into effect June 1, DOD spokesman Army Col. Steven Warren told reporters here. "This is a process that began [in 2011]," he said, and "included in-depth threat assessment from the combatant commands. It was made in coordination with the Joint Staff, combatant commands and military services." ([More](#))

## **Military Brass Immune to Pension**

**Rate Cuts:** Top military brass will keep their specially boosted pensions despite the December budget deal that trimmed pension rates for other military retirees, Pentagon officials said Tuesday. In 2007, Congress passed a Pentagon-sponsored proposal that boosted retirement benefits for three- and four-star admirals and generals, allowing them to make more in retirement than they did on active duty. The Pentagon had requested the change in 2003 to help retain senior officers as the military was fighting wars in Afghanistan and Iraq and wanted to entice officers to remain on active duty. ([More](#))

## **Responding to the Military Child with Exceptional Needs:**

The Military Child Education Coalition is offering a Responding to the Military Child with Exceptional Needs (formerly know as SELI) on **Feb. 4 & 5**, at the Arsenal Island Golf Clubhouse.

You can find out more information about this training opportunities by visiting this [website](#). Select the "Training" tab to find the specific training you are interested in. You may even find another training opportunity you wish to take advantage of as well. And don't forget, this is another free training event and open to anyone who wishes to attend.



## **Military Family Swimming Party:**

Tired of the cold? All Military families are invited to attend a night of food, fun, and swimming at the Bettendorf Family YMCA at no cost to them. Little ones will enjoy the zero depth entry and older ones will enjoy the waterslides. RSVP to Family Advocacy at (309) 782-3049 or [e-mail](#). Hope to see you there. ([Flyer](#))

Date: **Thursday, Jan. 23**

Time: **6-8:30 p.m.**

## **Reserves Recruiting Soldiers for Duty in Davenport:**

The 416<sup>th</sup> Army Field Support Brigade, United States Army Reserves, is now recruiting Soldiers to perform duty in Davenport. The mission of the brigade is to provide integrated acquisition, logistics, and technology (ALT) support with organic and augmented capabilities to the supported Army Forces (ARFOR). We serve as the primary point of contact to the operational and tactical commanders for ALT support. Another role we perform is to support critically important aspects to emerging technologies. We are looking for senior enlisted and officer grade soldiers who want to gain experience and test themselves in today's ever changing logistical fields of our future Army. If you would like to know more about the 416<sup>th</sup> Army Field Support Brigade please contact: Sergeant First Class Victor Adkins, Phone (563) 391-4715, Ext. 3502; or stop by 3440 N. Division, in Davenport and talk to him.

## **Safety Spotlight**



**New Year, Fresh Perspective:** With the new year comes an opportunity for fresh perspective. It gives us a chance to



reflect and start anew with a clean slate, with plenty of hope for a better year than the last. This opportunity also offers leaders at all levels a chance to reinvigorate their safety programs, especially as Soldiers are more likely to be refreshed and refocused after coming off extended leave. Perspective has proven powerful. In conflicts throughout time, war has taken such a dramatic human toll that accidental losses were seen as one of the unfortunate costs of doing business. Perspective 150 years, or even 40 years ago held that accidents were an unavoidable consequence of combat and some even held safety as a hindrance to the mission. Thankfully, we have learned from our history, are changing our perspective, and we're a much better Army for it. ([More](#))

## Equal Opportunity Focus

☐  
**Commanders Must Do Command-Climate Assessments:** All commanders, starting at company level, are ordered to assess the command climate in their units within six months. The Army wants specific emphasis on handling sexual assaults. Army Directive 2013-29, issued Dec. 23, tells commanders to conduct command climate assessments using the Defense Equal Opportunity

Management Institute Organizational Climate Survey. The DEOCS survey measures organizational, equal opportunity, equal employment opportunity and sexual harassment/assault response and prevention issues. ([More](#))

## Morale, Welfare & Recreation (MWR)

☐  
**Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter @golf1897, and stay up to date on all the great MWR offerings here at the Arsenal.**

**Racquetball League Signups at the Fitness Center Bldg. 67:** The Fitness Center Racquetball League will be starting **Jan. 21**. The Cost to enter is \$5. Signups are going on right now at the Fitness Center in Bldg. 67. Any questions feel free to call (309) 782-6787.

**Dec. 23 - Jan. 6, Arsenal Island Golf Clubhouse Closed For Lunch:** During the above period the Golf Clubhouse will close for regular lunch operations. All pre-booked functions will be

unaffected by the closure. Call (309) 782-6319 for more info.

## MWR Leisure Travel Office

☐  
**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

**WWE Live:** Don't miss all your favorite superstars for one night only on the Road to WrestleMania! World Heavyweight Champion John Cena, WWE Champion Randy Orton & WWE Tag Team Champions the Rhodes Brothers. Tickets on sale until **Jan. 21**. Date: **Sunday, March 2**  
Time: **5 p.m.**

**Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre:** Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formerly 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

## Child, Youth & School Services





### **Peaceful Parenting- Is That Possible?:**

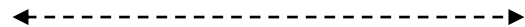
Join the Families First Program to learn about effective discipline and the difference between discipline and punishment. This is a great way to start off the New Year and to increase family communication. All registered CYSS patrons will receive two participation points for attending. Class will be held in Bldg. 110, First Floor, Abel Conference Room (CYSS Conference Room). RSVP to Family Advocacy at (309) 782-3049 or [email](#).

Date: **Tuesday, Jan. 14**

Time: **4-5 p.m.**

### **Covenant Cottage Child Development**

**Home:** [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



## Army Community Service (ACS)



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



**Military Saves Week:** Military Saves Week promotes automatic savings to assist service members, their Families and DoD civilians reach their savings goals. As part of Military Saves Week 2014, scheduled for **Feb. 24 – March 1**, RIA Army Community Service Center and RIA Federal Credit Union are spreading the savings message, and urging the community to participate in Military Saves Week and take the Military Saves pledge. Military Saves Week is a great opportunity to help service members, their Families and DoD Civilians in our community to Set a Goal, Make a Plan, and Save automatically. The 2014 Military Saves Week theme is "Start Small. Think Big." To help the community save more successfully and encourage them to save, ACS and RIA Federal Credit

Union offer military Families and DoD civilian employees the Military Saves Week. Military Saves Week encourages people to build wealth, not debt. Military Saves Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. It is an annual opportunity for organizations to promote effective and responsible savings behavior and to provide an avenue for individuals to assess their own saving status. ([More](#))

### **Sergeants through Colonels**

#### **Authorized Direct Access to AER**

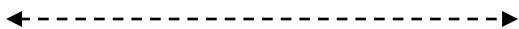
**Services:** Effective **Jan. 1** sergeants (E-5) through colonels (O-6) are authorized direct access to Army Emergency Relief (services) according to a policy memo from AER HQ Nov. 21, 2013. For traditional AER assistance using AER Form 700, Sergeants and above may come directly to the AER section without a Commander's or First Sergeant's approval. Soldier's using the AER Commander's Referral program (AER Form 600 for "quick loans") will still need to have the Commander's or First Sergeant's approval, as will all Privates, Specialists and Corporals (E-1 through E-4) for all AER services. POC is [Jon Cook](#), (309) 782-1499.





## **Scholarships for Students with Disabilities:**

Now is the time for high school juniors and especially seniors to start looking for college scholarships. If your student has a qualifying disability or special need, there are scholarships specifically to assist those students. There are federal grants available to qualified students, but more specific to students with disabilities is the U.S. Department of Education's TRIO Programs. TRIO programs are operated in conjunction with numerous colleges and universities across the country offering education grants for students from disadvantaged backgrounds, including those with severe disabilities. Availability of these programs will vary depending upon the institution. [For more information visit RIA EFMP](#) see Additional Resources-Education or contact [Jan Saito](#), Exceptional Family Member Program Manager at (309) 782-4736.



## Employee Assistance Program



**For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday -**

**Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.**

## **Martin Luther King Day of Service – January 2014:**

Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, January 20, 2014, offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at (309) 782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1<sup>st</sup> Floor, East Wing and convenient hours are available from 7:30 a.m. – 5 p.m., Monday through Friday. You can also access an anonymous mental health screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org). The Rock Island Arsenal EAP hopes you

have a great start to the New Year. If you would like to learn more about King Day of Service please visit [www.mlkday.gov](http://www.mlkday.gov).

**Understanding PTSD:** Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder **Jan. 14, Feb. 11**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

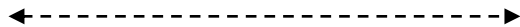
**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Grief Support Group:** Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1<sup>st</sup> floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.



**Stress Management:** Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Jan. 28 & Feb. 25**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

**Smoking Cessation Group:** Did you make a New Year's resolution to quit smoking? The Employee Assistance Program offers an educational group for people who would like to quit smoking. The group meets each Wednesday, 3–4 p.m., at the EAP office in Bldg. 56, 1<sup>st</sup> floor.



## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.**

**Tuition Assistance Changes – Good Opportunity to "Save Some Dough for What You Know" through CLEP/DSST Testing:** With recent

changes to the GoArmyEd tuition assistance program, some Soldiers may need to find other ways to finance at least a portion of their college education. The more restrictive policies, which went into effect Jan. 1, make it all the more important for Service members to “save some dough for what they know” – taking advantage of testing services that allow Army personnel to earn class credit toward their degree without the extra time and expense. “Testing out” of classes can significantly reduce educational expenses, and get individuals to their goal faster. The College-Level Examination Program (CLEP) and the DANTES Subject Standardized Test (DSST) exams allow Service Members, eligible spouses, and, in some cases, DoD civilian employees to earn college credit by attaining qualifying scores on college subject exams. The Army generally covers test fees for Soldiers, while their dependents and DoD civilians can take the exams at their own expense. The Rock Island Arsenal makes it convenient to take advantage of the testing programs: CLEP and DSST exams are given at the National Testing Center, located on-base in Bldg. 56. Service Members are encouraged to thoroughly prepare themselves for the tests by utilizing Web sites designed to boost their knowledge

in specific areas of study. Listings of prep sites and free study materials are available through the National Testing Center or the Army Education Center, also located in Bldg. 56. For more information, go to: <http://clep.collegeboard.org/military> or [www.getcollegecredit.com](http://www.getcollegecredit.com). POCs: [Army Education Center](#) (309) 782-2065; National Testing Center (309) 762-3999 ext. 62313 [JA-Holan@wiu.edu](mailto:JA-Holan@wiu.edu)

**RIAFCU Scholarship:** Do you or someone you know need money for college? R.I.A. Federal Credit Union is awarding three \$1,000 scholarships for the 2014/2015 school year. Any primary member of R.I.A. Federal Credit Union with an account in good standing is eligible to apply. An individual may join R.I.A. for the sole purpose of eligibility. The IL Quad City Credit Union League is also awarding scholarship monies for the 2014/2015 school year. Applications for either scholarship program are due **Feb. 15**. Applications may be picked up at the R.I.A. branch in Bldg. 61 or [download an application here](#).

**Tuition Assistance Changes to Take Effect For 2014:** Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition



Assistance, and tighter TA eligibility rules. Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David. K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky. ([More](#))

**Get Ready, Get Set, Go-Go-Go to School!**: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1<sup>st</sup> Floor, Room 121. • Ashford University: (563) 508-0927, **Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Saint Ambrose University: (563) 333-6170, **Jan. 16**. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

## **NDIA Academic Year 2014-15**

**Scholarship**: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at [www.ndia-ia-il.org](#). Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

**Sgt. Paul Fisher Academic Year 2014-15**: Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, [www.ndia-ia-il.org](#). Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

## Commissary / Exchange

☪ **The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information**

**[HERE](#)**. For information on this and other Commissaries, visit: [www.commissaries.com](#) ([Facebook](#))

## **Scholarships for Military Children**

**Program Opens**: Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at [www.militaryscholar.org](#). Applications must be turned in to a commissary by close of business **Feb. 28**. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

## Arsenal Archive

☪ **Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is**





open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

**This Week in Rock Island Arsenal History – Jan. 6-12:** On Jan. 8, 1917, private contractors erected seven nitrate and eight ammunition storehouses on Rock Island. The mission of the RIA was significantly expanded in Jan. 11, 1962, when several of the tool and equipment engineering and assembly functions formerly performed by Rossford Ordnance Depot were transferred to the Rock Island Arsenal. Initially the Rock Island Ordnance Depot received this mission, but in May 1962 the RIA established a Tool and Equipment Division that assumed responsibility for tool and equipment engineering activities. In January 1976, Army Management Engineering Training Agency (AMETA) personnel took possession of Storehouse "K" (Bldg. 56). The remodeled building became the AMETA Annex, housing offices, and classrooms.

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## Healthbeat

### **Army Conducting Joint Study to Improve Bone Health In Military Personnel**

Researchers from the U.S. Army Research Institute of Environmental Medicine have teamed up with the Trainee Health Surveillance Flight 559th Medical Group's Basic Military Training Team at Joint Base San Antonio-Lackland, Texas, to determine whether increased vitamin D and calcium intake can improve bone health in military personnel. Stress fractures and musculoskeletal injuries are among the leading causes of medical holdovers during basic military training, and often lead to attrition of military personnel early in their careers. As many as five percent of males and 20 percent of females may develop some sort of stress fracture during military training due to the novice warriors' inability to withstand unaccustomed, repeated stress to their bodies, such as marching with body armor. ([More](#))

### **Performance Triad Warm-Up Changes Prepare Body to Perform:**

The Army substituted static stretches for the more dynamic Preparation Drill with the introduction of the Physical Readiness Training program. Now, the Performance Triad -- a holistic approach to well-being that incorporates sound sleep and nutrition practices with safe

physical activity -- encourages Soldiers to prepare to perform every time they hit the gym, not just during unit physical training. Maj. Daniel Rhon, a physical therapist at Madigan Army Medical Center on Joint Base Lewis-McChord, said preparing properly puts the body in "prime condition" for strenuous physical activity. Rhon related preparing your body for physical performance to starting a car on a cold day. "You wanna get your engine going," he said. "If you just get up in the morning, for example, and try to run down your stairs, you might feel a little stiff or a little sore." ([More](#))

### **Empower Yourself to Better Health:**

There are many things we don't have control over when it comes to health care. For example, the number of specialty doctors in your region, out-of-pocket expenses, proximity of medical treatment facilities, amount of time it takes to see your healthcare provider, and more. Luckily, health is more than just good health care. It's about the decisions and choices we make every day. Most health decisions do not happen in the doctor's office or hospital. Instead, they are made when people are at work or at home with their families. It is in this "Lifespace" where the daily



choices people make impact their health.  
([More](#))

## Notes for Veterans

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◉  
**Veterans Groups Worry Retirement Cut Is Just the First Step:** With Congress back this week, veterans groups are vowing to resume their fight against trims to military retirement benefits. But what they're really fighting for is relevancy, and to make sure the country hasn't forgotten about them. Military advocates worry that Congress' willingness to attack veterans' retirement checks shows that lawmakers — and perhaps the public — have already moved on from the wars of the last decade, and that the sacrifices and promises made will be forgotten. "This is what happens when you have an unengaged population whose focus starts to shift away," said Tom Tarantino, chief policy officer for Iraq and Afghanistan Veterans of America. "When times get tough, people say everyone has to sacrifice. But not everyone has been sacrificing for the last 10 years." ([More](#))

**Reservist Leads Project to Connect American Public, Veterans:** The idea germinated shortly after Navy Reserve

Lt. Cmdr. Daniel Bernardi returned from a 10-month deployment to Iraq. A professor and chair of San Francisco State University's cinema department, Bernardi found a distinct disconnect between the Special Forces soldiers whose operations he had spent much of his deployment documenting and the civilian community he had re-entered. "I was honestly disturbed by the fact that people in the general population are not connected to these wars," he said. "You can watch the news, and you wouldn't even know that we are in Afghanistan." ([More](#))

## Carpooling Announcements

◉  
*Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.*

**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

## Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.

## Around the Q.C.

◉  
**Jan. 10-12: Quad City Bald Eagle Days** (QCCA Expo Center, Rock Island)  
**Jan. 18: 32<sup>nd</sup> Annual Frostbite Footrace 5K** (Scott County Park, Iowa)  
**Jan. 19-21: QC Farm Equipment Show** (QCCA Expo Center, Rock Island)  
**Feb. 1: Havana Daydreamin' – Honor Flight of the Quad Cities Benefit** (RiverCenter, Davenport)  
**Feb. 2: St. Olaf Band in Concert (Bettendorf High School Performing Arts Center, 3333 18<sup>th</sup> Street, Bettendorf)**  
**Feb. 14: Valentine Walk** (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)  
**Feb. 13-16: Outdoor Show** (QCCA Expo Center, Rock Island)



**Feb. 23:** [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)  
**March 15:** [29<sup>th</sup> Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)  
**March 19-22:** [Gathering of the Green](#) (RiverCenter, Davenport)  
**March 21-23:** [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)  
**April 12:** [Bandits Race to Home 5K](#) (Modern Woodman Park)  
**April 12:** [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)  
**April 26:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**May 3:** [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)  
**May 3:** [Derby Day Party](#) (Arsenal Island Golf Clubhouse)  
**May 3:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)  
**May 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)  
**May 17:** [5<sup>th</sup> Annual You Were Made for This 5K](#) (Young Life, Moline)  
**May 17:** [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)  
**May 17:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**May 26:** [49<sup>th</sup> Annual Quad Cities](#) Criterium (Downtown Rock Island)  
**June 3-7:** [Quad Cities Senior Olympics](#) (Rock Island)  
**June 6-7:** [Rhubarb Festival](#) (Aledo, Ill.)  
**June 6-7:** [22<sup>nd</sup> Annual Gumbo Ya Ya](#) (The District, Rock Island)  
**June 7-8:** [QC Pridefest](#) (Downtown Davenport)  
**June 12:** [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)  
<http://www.hotrod.com/>

**June 12-15:** [19<sup>th</sup> Annual Rally on the River](#) (Centennial Park, Davenport)  
**June 14:** [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)  
**June 14:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**June 14-15:** [Juneteenth](#) (LeClaire Park, Davenport)  
**June 15:** [30<sup>th</sup> Annual Ride the River Bike Ride](#) (Downtown Davenport)  
**June 17-21:** [145<sup>th</sup> Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)  
**June 21:** [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)  
**June 21:** [Royal Ball Run For Autism 5K](#) (Milan, Ill.)  
**June 22:** [Blossoms at Butterworth](#) (Deere Family Homes, Moline)  
**June 27-28:** [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)  
**June 28-29:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)  
**July 3:** [Red, White & Boom!](#) (The District & Downtown Davenport)  
**July 3-5:** [30<sup>th</sup> Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)  
**July 4:** [Firecracker Run & Parade](#) (East Moline)  
**July 4:** [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)  
**July 7-13:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)  
**July 10-12:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)  
**July 12:** [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)  
**July 12:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**July 19-20:** [Heartland Jam](#) (Centennial Park)  
**July 25-26:** [43<sup>rd</sup> Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)  
**July 26:** [41<sup>st</sup> Annual Quad-City Times Bix7](#)  
**July 29-Aug. 3:** [95<sup>th</sup> Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)  
**July 31-Aug. 3:** [43<sup>rd</sup> Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)  
**Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)  
**Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)  
**Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)  
**Aug. 8-9:** [22<sup>nd</sup> Annual Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Aug. 15-16:** [10<sup>th</sup> Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)  
**Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)  
**Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)  
**Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 1:** [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)  
**Sept. 5-21:** [East West Riverfest](#) (Various QC Locations)  
**Sept. 6:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)  
**Sept. 6:** [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)  
**Sept. 6:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)





**Sept. 6-7:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 13:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Sept. 19-20:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 20:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)  
**Sept. 20-21:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)  
**Sept. 28:** [17<sup>th</sup> Annual Quad Cities Marathon](#)  
**Sept. 26-28:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 4:** [Night of the Running Dead 5K](#) (Davenport)  
**Oct. 4:** [GiGi's Super Hero Run](#) (Bettendorf)  
**Oct. 11:** [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)  
**Oct. 11:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Oct. 12:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 23:** [Fright Night](#) (The District, Rock Island)  
**Oct. 25:** [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)  
**Oct. 25-26:** [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)  
**Nov. 22:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 22:** [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)  
**Nov. 22:** [Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 7:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)

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# Island Insight



**Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor**  
*The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; \[usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil\]\(#\); Phone: \(309\) 782-1121. The Island Insight is \[available on-line.\]\(#\)](#)*

